

HIT OUT - 20_{p.} SPEAK UP NO.3.



ONE WOMAN

ONE MAN.

THE RESULT?
WORLD DESTRUCTION.
THE MESSAGE TO THEM?
FLUCK-OFF!!!

INTRODUCTION BIT.

Hello again, well here we are at the begining of yet another issue of H.O.S.U. Yes this is the thnird one, and I must admit I am a bit surprised that I've got this far. This is mainly because I'm a bloody lazy sod and don't normally get anything much done, let alone three issues of a fanzine. But I must thank all those who have bought the last two issues and those who have written to me. Because it has been their encouragement that has kept me going. Aswell as others who have kept at me to do more. So thanx alot to all those people. I hope that you will enjoy reading this issue and find something of interset in it. If you do run a fanzine or tape/record distribution service, and would like a mention in the next issue just drop me a note and I will do my best to fit you in somewhere among the pages. Anyway, I'm going now, hope to hear from you soon, bye for now,

LOVE & PEACE,
PAUL.XXX.



'ENGLISH HERITAGE GO TO HELL-YOU DON'T KNOW WHAT YOUR DOING.'
POISON GIRLS.

YET ANOTHER DIY SERVICE.

For a list of live and studio tapes including, bands such as, Chumbawamba, Lost Cherrees, Exit Stance, and many more, send an S.A.E. to: Steve, 41, Fifth Road, Newbury, Berks, RG14 6DN.



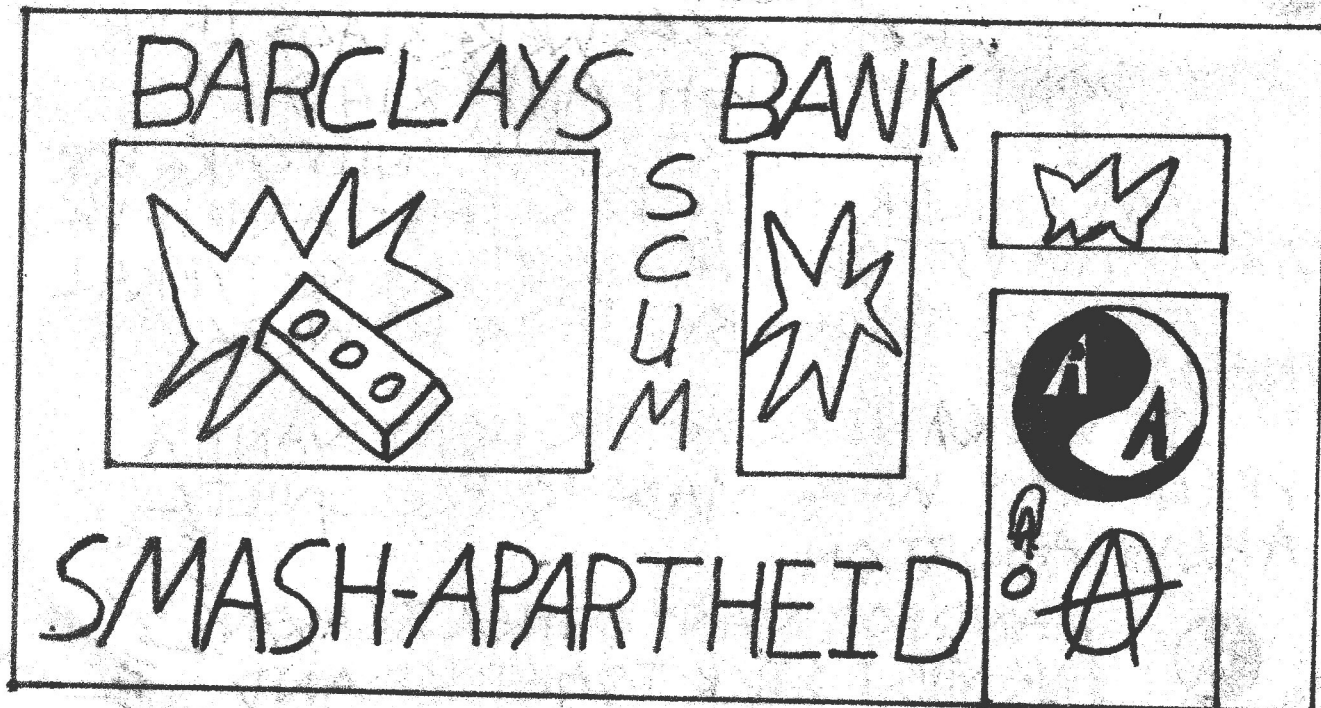
Stepping Stone To Insanity
International Distribution
55 Belamere Road,
Nantwich, Cheshire, CH5 7DF, England



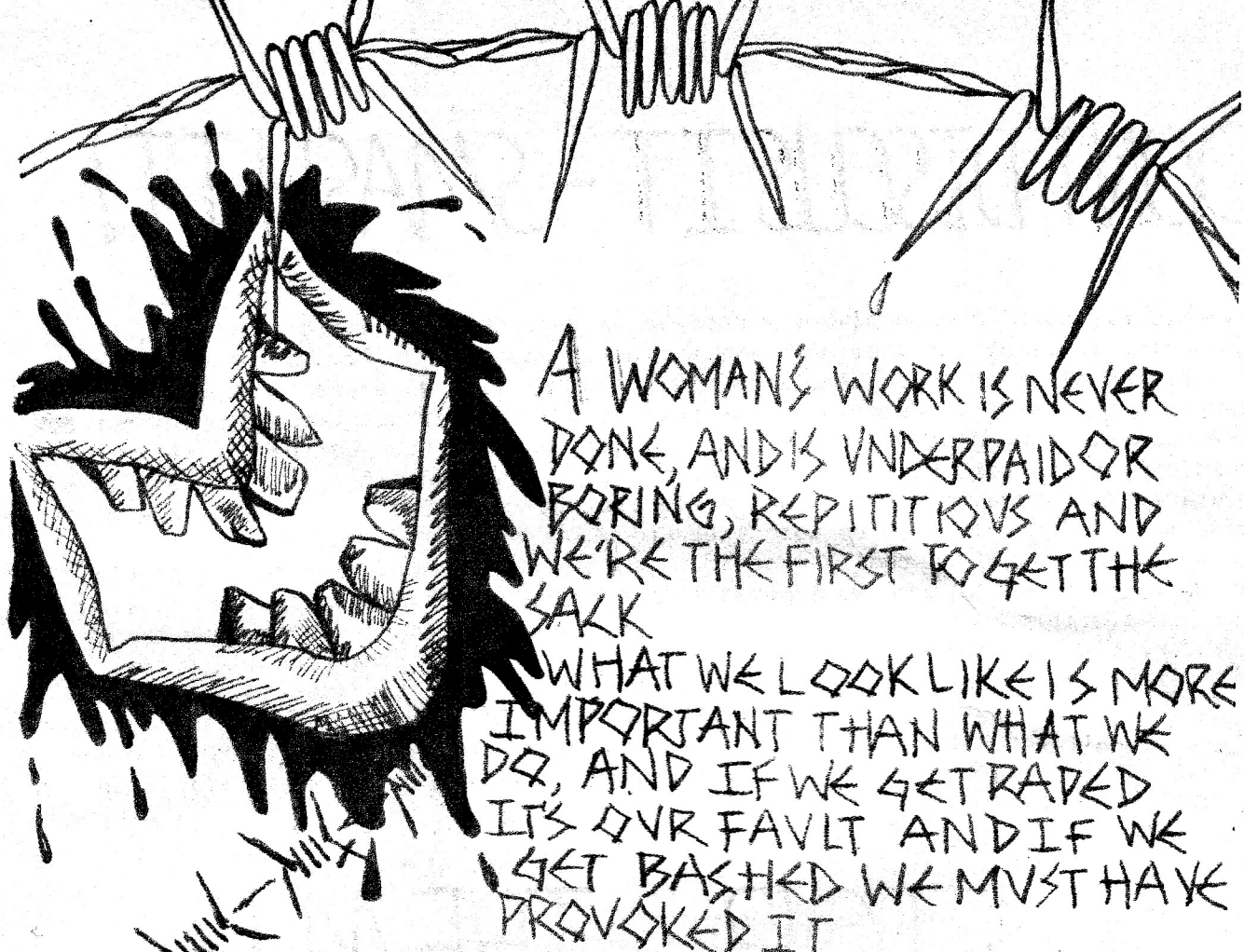
DONT DISCUS IT - SMASH IT!

Right, O.K. Enough is enough! Winnie Mandela has spoken out against Apartheid, saying it's time to fight the Apartheid system in the same way it fights and oppresses the Blacks of South Africa. And it's about fucking time we showed support for their campaign against the bastards of the shit system of Apartheid. We must make our feelings known, we must speak out against what can only be described as the worst form of racism that exists in the world today. It's disgusting, it's obscene, it's brutal, cold blooded oppression and murder. Yet it is allowed to continue! How many more innocent people must be torched and murdered at the hands of these bastards of South Africa? It's time to stop sitting back on our fat backsides, and shaking our heads, sighing and saying, 'Isn't it terrible.' Words that won't help or change a thing. It's time to confront and smash the whole fucking thing. People are all too ready to sympathise with the Black people of South Africa, but they are just as quick to say 'But what can I do?' If it really isn't obvious enough to boycott ALL South African goods, for a start, then you could always try spending 17 pence on a stamp, and five minutes of your time, and write to an Anti Apartheid group and ask them what you can do.

STOP THEM!



**FUCK-OFF
BOTH.**



A WOMAN'S WORK IS NEVER
DONE, AND IS UNDERPAID OR
BORING, REPETITIVE AND
WE'RE THE FIRST TO GET THE
SACK

WHAT WE LOOK LIKE IS MORE
IMPORTANT THAN WHAT WE
DO, AND IF WE GET RAPE
IT'S OUR FAULT AND IF WE
GET BASHED WE MUST HAVE
PROVOKED IT

IF WE RAISE OUR VOICES WE'RE
NAGGING

IF WE ENJOY SEX WE'RE 'SLAGS' IF WE
DON'T WE'RE TIGHT AND FRIGID

IF WE EXPECT COMMUNITY CARE FOR
OUR CHILDREN WE'RE SELFISH AND IF WE
DON'T STAND UP FOR OUR RIGHTS WE'RE TYPICAL
WEAK FEMALES BUT IF WE DO WE'RE
UNFEMININE

IF WE CAN'T LOVE OR DON'T WANT A
PREGNANCY WE'RE MADE TO FEEL GUILTY
ABOUT ABORTION

AND FOR MANY OTHER REASONS
WE MUST STICK TOGETHER AND
MAKE IT EASIER FOR
ONE ANOTHER

TOXIC CORRUPTION

LEICESTER



COMMUNILATE!

SUPPORT ANIMAL RIGHTS PRISONERS, (S.A.R.P.), BCM BOX 5911, LONDON, WC1N 3XX.
TEL-01 888 2482.

List Of Prisoners April/May 1986.

Sally Levitt D27314,
Lesley Phipps D27315,
Beverley Cowley D27316,
Virginia Scholey D27317,
H.M.Prison,
Parkhurst Road
Holloway,
London,
N7 ONU.
Tel 01 607 6747

Peter Anderson L64805,
Eric Marshall L64806,
David Carre (Duggs) L64807,
Paul Watkins (Mol) L64779,
Nigel Crouch N42187,
H.M.Y.C.C.,
Glen Parva,
Saffron Road,
Wigston,
Leics,
LE8 2TN.
Tel (0533)772022

Duncan Thrope N41997,
Jim snook N4 1998,
Nick Sweet N42186,
Alistair Fairweather L64804,
H.M.Prison,
St. Loyes Street,
Bedford,
MK40 1HG.
Tel (0234)58671.

All these 13 people, plus Sally Miller,
(who is already serving a sentence for the
action against Wickham Labs etc) are in
prison awaiting sentence, after being
convicted of conspiring to burgle Unilever
Laboratories on 19.8.84. They are due to
be sentenced some time in May/June.

Roger Yates V02605,
Ronnie Lee V02682,
Kevin Baldwin T02959,
Gary Cartwright T02960,
Ian Oxley T02961,
H.M.Prison,
Hedon Road,
Hull,
North Humberside,
HU9 5LS.
Tel (0482)20673.

Julie Rodgers P34407,
H.M.Remand Centre,
Warrington Road,
Risley,
Warrington,
Cheshire,
Tel (092576)3871.

Brendan McNally and Vivien Smith have
been released on bail.

These 6 people are on remand charged with conspiring to cause damage in Sheffield
and London, in relation to the incendiary devices planted in department stores with
fur departments. Some of them are also charged with conspiring to steal the
Ecclesfield beagles.

Gordon Bryant (21 months, 9 suspended)
J92309,
Mike Nunn (3 years)
J92297,
John Quirke (18 months, 9 suspended)
J92284,
H.M.Prison
Romsey Road,
Winchester,
Hants
SO22 5DF.
Tel (0962)54494.

Sally Miller (18 months, 6 suspended)
D22865,
H.M.Y.C.C. and Prison
East Sutton Park,
Maidstone,
ME17 3DF.
Tel (0622)842711.

Sentenced on 14.12.85. after being convicted
of conspiring to burgle Wickham Research
Laboratories and associated premises.

Iain McCann J92353

H.M.Prison,
Corinthill,
Shepton Mallett,
Somerset,
BA4 5LU.

Serving a four year sentence
For an arson attack on vehicles
at Cottage Patch Kennels, Fareham
Hants. (the kennels supply dogs for
vivisection).

Shaun Ellis H25078,

H.M.Prison,
68 Hornby Road,
Liverpool,
L9 3DF,

Tel 051 525 5971.

Sentenced on 27.2.86. to 9 months
for causing damage worth £7000
to a Lancashire meat firm.

Terry Helsby P85326, is in Winchester Prison (address above) on remand for
alleged damage to butchers window and alleged involvement in digging up the
Duke of Beauforts grave.

Please write to the prisoners listed, (where there is more than one prisoner at
a prison, write separate letters), expressing your solidarity and support and
keep them in touch with what is happening in the movement, though remember ALL
letters to prisoners are opened and censored, so obviously don't discuss anything
that could jeopardise future actions or SOMEONE'S FREEDOM. Please do not expect
a reply as prisoners are restricted as to the number of letters they can write
out in one week, and obviously they will probably want to use these to keep in
touch with people they knew before entering prison. Where a phone number is
included it is for phoning the prison either to enquire about sending or taking
in items to a prisoner and whether they will be allowed, or to enquire about
their diet and protest if it is inadequate. Please do not ^{be} abusive, as the come
back maybe on the prisoner. Also please note you will not be able to speak to
the prisoner.

S.A.R.P.'s aims are ;-

1. Distribution of up to date information on prisoners to enable those outside
to write to the prisoners and also to the governors of the prisons to demand
that prisoners are given vegan food, toiletries and clothing without being
members of the Vegan Society.

2. To provide funds for magazines, newspapers, books and radios for prisoners and
for the travel costs of visitors on a low income.

Please send S.A.R.P. any donations you can afford, to provide funds for the above
and a SAE if you would like to receive further lists of prisoners.

If you have any information on prisoners, please let S.A.R.P. know.

S.A.R.P., BCM Box 5911, LONDON, WC1N 3XX. Tel 01 888 2482.

THEY CANNOT ISOLATE
WHAT THEY CANNOT SEE:



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L.O.S.P., Katharsis, Mystery Plane, WeR7, Modern -
Art, La Crème De La Crime, 10T, Detwiehl, The -
Marvelous Roofs, Len Liggins, Solomonoff Vonhoffm -
annstahl & Hoffman, Terry Gray, Stress, F/I.
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your own currency I will exchange/other M/H tape's
available, ask for leaflet's *****
Man's Hate Prods Andl, 154 Alexandra Rd, Peterborough,
Cambridgeshire, PE1 3DL, England*****

A FEW USEFUL ADDRESSES.

THE VEGAN SOCIETY,
33/35 GEORGE STREET,
OXFORD, OX1 2AY.

THE VEGETARIAN SOCIETY,
PARK VALE, DURHAM ROAD,
ALTRINGHAM,
CHESHIRE.

ANIMAL AID,
7 CASTLE STREET,
TONBRIDGE,
KENT, TN9 1BH.

BUAV,
16A CRANE GROVE,
LONDON, N7 8LB.

NAVS, (LONDON),
51 HARLEY STREET,
LONDON, W1N 1DD.

ALF,
BCM 1160,
LONDON, WC1N 3XX.

LEAGUE AGAINST CRUEL SPORTS LTD;
DEPT. NW,
87 UNION STREET,
LONDON, SE1 1SG.

RESCUED ANIMALS SANCTUARY FUND,
IVY COTTAGE,
4 DUNGEON LANE,
HALE,
MERSEYSIDE, L24.

HUNT SABOTEURS ASSOCIATION,
PO BOX 19,
LONDON, SE22 9LR.

SUPPORT ANIMAL RIGHTS PRISONERS,
BOX 101,
84B WHITECHAPEL HIGH STREET,
LONDON, E1.

CHICKENS LIB,
PO BOX 2,
HOLMFIRTH
HUDDERSFIELD, HD7 1QT.

COMPASSION IN WORLD FARMING,
20 LAVANT STREET,
PETERSFIELD,
HAMPSHIRE, GU52 5EW.

PEACE NEWS,
8 ELM AVENUE,
NOTTINGHAM,
NG3 4GF.

ANTI-APARTHEID MOVEMENT,
13 MANDELA STREET,
LONDON, NW1 0DW.

IRISH SOLIDARITY MOVEMENT,
BM BOX 1320,
LONDON, WC1N 3XX.

RATS (ALF/OTHERS FUNDS),
121 BOOKSHOP,
HAILTON ROAD,
LONDON, SE24 0LR.

ADVISORY SERVICE FOR SQUATTERS,
2 ST. PAULS ROAD,
LONDON, N1.

ANARCHIST BOOK SERVICE,
BM BOOKSERV,
LONDON, WC1N 3XX.

HOUSMANS BOOKSHOP,
5 CALEDONIAN ROAD,
LONDON, N1 9DA.

FREEDOM BOOKSHOP,
84B WHITECHAPEL HIGH STREET,
LONDON, E1.

AND A FEW MORE I'VE JUST BEEN GIVEN.

SCOTTISH ANTI VIVISECTION SOCIETY,
121 WEST REGENT STREET,
GLASGOW G2 2SD.

CAMPAIGN AGAINST FARM ANIMAL ABUSE,
PO BOX 45,
BIRMINGHAM, B5 5TW.

GREENPEACE,
36 GRAMM STREET,
LONDON, N1 8LL.

MOBILE ANIMALS SHOP,
2 ORSLOW GARDENS,
LONDON, E16 1NE.

DON'S ANIMAL RIGHTS BUS,
DON JENKINGS,
GORPHWYSFA,
HIGH STREET,
PENMARCHNO,
GWYNEDD,
N. WALES.

CITY OF LONDON ANTI APARTHEID GROUP,
BM CITY AA,
LONDON, WC1N 3XX.

(NOT SO MENTAL TAPES)

THERE'S MORE THAN MALE VOICE CHOIRS IN WALES

12 WELSH BANDS ON GOOD QUALITY TAPE AND INFO
BOOKLET. AND LIMITED BADGE.

BANDS WANTED FOR NEXT TAPES SEND TAPE AND PHOTO
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SOON.

TAPES ARE £1.00 + S.A.E. FROM BEDDIS, 68, HOSKIN
STREET, SHAFTSBURY, NEWPORT, GWENT, SOUTH WALES, U.K.

STOP THE ROT-SQUAT THE LOT.

Don't want to pay rent? Fed up with time restriction, stropy landlords/landladys turning you away because of the way you look? Can't think of an answer to these and other problems, apart from buying your own house, but can't afford it? Then why not squat an empty house or flat. Take a look around you! There are thousands upon thousands of empty flats and houses around just rotting away, unoccupied and being put to no use at all. So why not make the most of this unesessary waste, as knowone else seems to want to know about it. Just look at a few facts-in your favour; while you are paying £50.00 a week for a damp, dull room, the size of a shoe box. In a house where you can't have your friends round after ten o'clock at night, or can't let anybody stay over night, or where you can't even put posters on the walls. You could live in a house where you can do all the above and have alot more space and freedom, and without the rent. And at the same time you will be making good use of a house that would otherwise be left to rot and decay. But it's not only homes that are left empty for years on end, unattended. There are also old shops, halls, pubs, police stations etc. These can be put to equally good use aswell. Remember the christmas squat gig at the Zig Zag club in 19 1982? Then there was the Arts Center in Woodgreen, and the Hope and Anchor in Islington. Both of which provided a good selection of gigs, plus a place to meet people. And don't forget other squatted places that provided some form of service and entertainment such as the 121 bookshop, Mollys Cafe, The Centro Iberico and so on. There are endless possibilities as to what you can do once you have squatted an empty building, you could start up a cafe, bookshop, food shop, gig venue, or just a place to live, or even a combination of these things. Maybe you can think of some other uses for a squat. But don't waste time telling me about them, go and do it, NOW! Next time you are out just take a look around and see how many empty buildings there are in your area. Go on, do something about it. SQUAT THE LOT! If you want any help or advice about squatting write to The Advisory Service For Squatters, you can find the address on another page somewhere in this fanzine, .

P.S. Congratulations and well done to, GOD TOLD ME TO DO IT, for squatting the Lybian peoples bureau-good one.

D O L E D R U M S D I S T R I B U T I O N 4-86

LAST RITES/DISTEMPER/THE CONDEMNED/OI POLLOI: "NO VISIBLE SCARS" E.P. £0.90P
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SPLAT! Is a distribution service run by Stephen. He has a large list of tapes, records, and loads of fanzines, so get going with that there pen of yours and send for a copy of his list. The address to write to is, Stephen, 11, Charnock, Skelmersdale, WA5 9DZ. Please send an S.A.E. when writing, 1A!

Calling all fun loving anarcho folk, Ivor The Anarchist NO.2 is out and about. It's great, it's a must, buy this comiczine and you wont regret parting with your 20 pence piece. Don't delay, write to John Green, c/o West Granton Grove, Edinburgh, EH4 4JP.

PURPLE ZINE DISTRIBUTION; post is; 1-12p, 2-17p, 3-22p, 4/5-31p, then each additional one-5p.
 Obituary Nos 7+8+9+10 (20p each), Filthy Trash o 2 (20p), Raising Hell No 12 (10p), Ignorance Of The Unborn No 2 (15p), Axe Of Freedom No 4 (10p).
 I've Gone Purple Tapes; all tapes-£60, all have covers. Cost-£1 or £60+50p (inc. postage). (1)-Playing In Trees, live, 9/11/84, Rochester. (2)-Alternative To Nothing comp. feat. Liberty, ATN, Contention, Defyance, SOC-more (with booklet). (3)-Chumbawamba, live, Newport, 9/4/85. (4)-Conflict, live, Woolwich poly, 5/9/85. Bands, poets+ other mutations wanted for future comps-send 2 trax+ A4 of stuff for booklet. FOR TAPES
 WRITE TO:- CONK, 61, THE TERRACE, GRAVESEND, KENT DA12 2BB. FOR ZINES WRITE TO:- SIMON, 70, CLANDON RD, LORDSWOOD, CHATHAM, KENT ME5 8YA (stating alternatives). Zines interested in being distributed, contact SIMON. CHEERS!

© PURPLE

MEAT IS BLOODY MURDER.

I don't care if you're fed up with reading it, or if you think you've heard it all before, it can't be said enough times, **MEAT IS MURDER!** But there are thousands/millions of people who are to fucking ignorant and greedy to do anything about it. It's always the same old story, they put profits before lives. And every day millions upon millions of animals are brutally murdered just to boost the profits of the big companies and the greed of millions of others. The number of animals eaten by an average person in a 70 year lifetime amounts to, 14 cattle, 12 sheep, 2 calves, 43 pigs, 1107 chickens, 45 turkeys and 861 fishes. That means that 2084 precious and innocent lives are taken by one persons greed, that's to fucking many, ONE is to many. Just think about the number of animals that are slaughtered everyday worldwide to feed that sort of greed! In the U.S. alone, 15 million pigs, cattle, calves, ~~XXXXXXXX~~ sheep and chickens are killed every day just for human consumption. It is a gross, sick, mindless, and needless figure. Yet we allow it to continue day by day. A lot of people, when they think of meat, just think of the meat they have in their homes and what they see in the butchers shop in the high street. They seem to forget about the fast food industry. People like Mc Donalds, Wimpy, Burger King, Casey Jones etc, and even the dirty greasy cafe on the corner all contribute to this barbaric treatment of our fellow creatures. And don't forget the thousands of restaurants, take aways, hotels, fish and chip shops, and kebab houses, the list goes on and on. Take a look around you, it's everywhere, **MURDER, BLOODY MURDER.** It must be stoped, and now. The slogan Meat Means Murder has two sides to it.

On one hand it means the murder of the animals to produce meat. On the other hand it means the mass starvation of millions of people in the world because of the lack of grain to feed them, due to the amount of grain fed to animals to produce meat for human consumption. People say that they don't agree with this kind of behaviour but they don't know what they can do about it, it's so fucking obvious - **DON'T EAT MEAT!** It's that simple. There are plenty of other things you can eat instead. So don't say you can't survive without meat, because that is shit. Just ask a few vegans. Meat is murder - and that is an undeniable fact! Look at the facts, and make your own mind up.

MURDER IS A CRIME.....



ANIMAL RIGHTS POETRY

25p + SAE From,

Peter,

50 Sowden Park,
BARNSTAPLE,

25p + SAE.

N. DEVON,
EX32 8ET



ALL PROCEEDS N. DEVON A/R GROUP,
ALF (SG), HSA, DEFENCE FUNDS.

**MURDER IS A CRIME,
OR SO IT IS SAID,
BUT IT'S ALL RIGHT,
IF YOU CAN'T REASON IN
YOUR HEAD.**

Printed By The Bulletin
MANCHESTER

**IF YOU
WOULDN'T
LIKE TO BE
EATEN - DON'T
SUPPORT THE
BUTCHERS.**

FLUX OF PINK INDIANS

ANIMAL RIGHTS POETRY. 25p + SAE
Distribution: A.L.F., Vegetarianism, Peter,
Sowden Park, Barnstaple, N. Devon. Prods
Group, ALF (SG) etc.

Peace News (2264)

BUY IT!

I'M FAMOUS!

SHEPHERDS 'N' SHEEP

PRESENT:

"YOU ARE NOT ALONE" (UK COMP EP)



GROUPS FEATURED ARE:-

SYMBOL OF FREEDOM (WALES)

OIPOLL (SCOTLAND) OUT IN MAY

STALAG 17 (NIRELAND) ANYBODY WHO CAN
SELL THIS AT GIGS
PLEASE WRITE

HEX (ENGLAND)

SHEPHERDS 'N' SHEEP c/o KARL,
50 RONALD ROAD, NEWPORT,
GWENT, NP9 7GF, UK.

AN ADDOXY.
Sorry about the delay in getting this
issue out, but I've had a few hussels
over the last few months. But here it
is now. Better late than never. I
hope you think it was worth the
wait. Issue 4 out in about 2/3 months time.

ACTIVISTS GIVEN SPECIAL TREATMENT.

Those nice, loveable people at the Metropolitan police force have donated a whole 'BRAND NEW' squad to animal rights activists. Isn't that nice of them. The squad is a special unit of the Metropolitan police based at Scotland yard, and is designed to co-ordinate the police campaign against activists nationally. The unit has allready resulted in the convictions of dozens of activists all over the country. So be careful! Don't be detered-fight back!

FIGHT AND WIN, NEVER GIVE IN, TILL THEY'VE ENDED THEIR SIN

FED BLOOD.

The red jacket shows you're there for
the kill,
The children from pony club you throw
them the liver,
They're not told your a sinner,
You're as bad as the badger baiter,
YOU spade and club,
You love the blood of the fox cub.

The dislocated limb you tear it off,
Then rub the bloody end down your
face,
Then drink its blood to show life's
debaced.

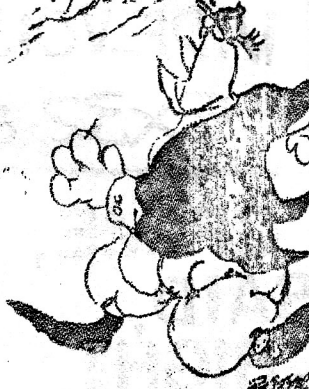
They love your wicked laugh and
"holloa",
The women you want to thrill,
They serve the hunt sherry,
While the animals blood you spill,
Is chased exhausted over the hill.

Its pain were talking not hunt balls
and fun,
Its death and destruction not the type
of your gun,
While you dance and prance in the
blood of the dead,
Reject the crap your slimy parents
fed.

SABOTAGE SPOIL THEIR FUN, HUNT THE SADISTS, KEEP 'EM ON THE RUN.

HELP!

GOT A THORN
IN MY FINGER,
AND IT'S-IT'S
BLEEDING!



The fight back is coming,
They'll keep on lying,
Till animal abuse is banished,
Its perpetrators tarnished,
We'll keep up the fight,
Save the oppressed from their
plight.

We won't resort to your
violence,
Fails and fines will be no
hindrance,
We'll keep them on the run,
We'll spoil their oppression and
fun.

You may laugh at us,
You may ignore us,
But we'll never give in,
Till they've ended their
bloody sin.

THE ANIMAL LIBERATION FRONT
FIGHTING IN THE FRONT LINE
FOR ANIMALS (NOW).

BY PETER OF -

MURDER IS A CRIME.



WELL FED-NOT AN ANIMAL DEAD.

WHOLEMEAL ROLLS.

12 oz wholemeal flour. 2 oz soya flour.
1 tsp. sea salt. ½ oz fresh yeast.
½ pint warm water. 1 tbsp. oil.

Mix dry ingredients together. Whisk the yeast in a little of the water and pour into the flour. Gradually add the rest of the water and then oil. Knead slightly and leave in a warm place in a polythene bag for 30 mins. Re-knead on a floured board; divide into 8 rolls and leave to rise 15 mins. Bake 35 mins in moderate oven.

PASTRY.

3 oz wholemeal flour. 4 oz margarine.
pinch of salt. water to mix.

Rub the margarine into the flour and salt. Then thoroughly mixed add the water a little at a time and mix with a knife. Then get the pastry together in a ball and turn onto a floured board. ~~RAX~~ Roll out thickly, it is now ready for use.

FRUIT CAKE.

1 cup sugar. 1 cup raisins.
1 cup currants. ½ lb. margarine.
1 tsp. bicarb. soda. 1 tsp. mixed spice.

Put above ingredients in a pan and bring to boil. Remove from heat and allow to cool for 15 mins. Sift in 1 cup of soya flour and 1 ½ cups of brown flour. Beat well until smooth. Put into a cake or loaf tin and bake in a moderate oven for about an hour.

CREAMY VEGETABLE PIE.

3 large potatoes chopped. 3 sticks celery.
4 large leeks chopped. Black pepper.
1 tbsp. fresh parsley chopped. sea salt.
1 ½ pints soya milk and stock from potatoes.
2 tbsp. margarine. 2 tbsp. brown flour

Boil potatoes for about 4 mins. Add the leeks and chopped celery and simmer for another 3 mins. Drain, saving the water. Place vegetables in a greased pie dish. Add enough warm soya milk to the stock to make up 1 ½ pints and keep it warm. Melt the margarine in a thick saucepan. Take it off the heat and stir in the flour; add warm liquid stirring constantly. Return to heat, bring to boil and simmer for 3 mins, stirring all the time. Take off the heat. Add salt and pepper and the parsley; it will still be quite runny. Pour over the vegetables and leave to cool for 15 mins. Cover with thick pastry (see pastry recipe), and bake in a moderate oven for 30 mins.
SERVES 6.

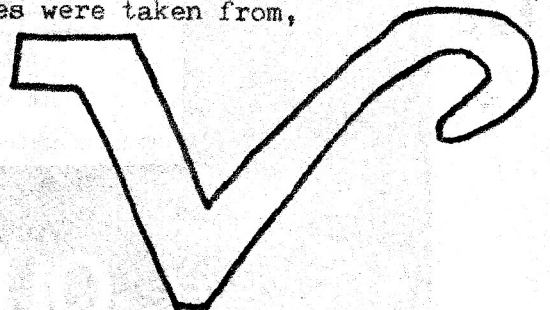
FLAPJACKS.

8 oz oats. 4 oz brown sugar.
3 oz syrup. 4 oz margarine.

Mix and heat the sugar, margarine and syrup. Add oats and press into a greased baking tin large enough to make the flapjacks quite thin. Bake in a pre-heated oven for about 20 mins. at gas mark 4. Cool before cutting into squares, and leave in tin to cool.

The above recipes are just a small example of the many dishes that can be used as part of a cruelty free, (vegan), diet. Now you have these few recipes at your fingertips, why not try them, and pass them on to your friends. If you would like to try some more vegan cooking, write to the vegan society and ask them about other recipes and also what vegan cookery books are available. All the above recipes were taken from, 'Gnash The System', by Chumbawamba.

EAT WHEAT
NOT MEAT.



SMASH THE PROFIT MONGERS.

Backlash is a mail order service run by Conflict. They have a very large list of T-shirts including, Flux of Pink Indians, Crass, Poison Girls, Dead Kennedys, M.D.C., and of course Conflict, amongst others. They also have plain black or white T-shirts for those who prefer to do their own designs. Also, they have all the records released on the Mortarhead, Fight Back, and New Army record labels. The Backlash prices are very reasonable with T-shirts, (at time of writing), all at £3.50.+P&P, and records from 49p to £4.50.+P&P. For a copy of the Backlash catalogue send a large S.A.E. to, Backlash Products, 5/Box 448, Eltham, London, SE9. Any profits made by Backlash go to the Bust Fund.

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AND OF THE MINDLESS SLAUGHTER,
FOR AMONG THE VALLYS SO GREEN,
THEY'RE DOING THINGS SO OBSCURE,
THEY'RE KILLING ANIMALS BY THE MINUTE,
THEY'VE GOT A BUILDING WITH YOUR FUTURE IN IT,
BUT THE PASTURE, FIELD AND TREE,
HIDES THE MORBID REALITY,
OF THINGS HEARD OF BUT NEVER SEEN,
DISGUISED BY THE PURITY OF THE COUNTRY SCENE,
TUCKED AWAY IN THE HILLSIDE,
IS A TRUTH SO VILE THEY'VE HAD TO HIDE,
ALL LOOKS SO CALM AND TRANQUILLE,
BUT WHAT THEY HIDE IS GOING TO KILL,
THE COW, SQUIRREL AND THE HELGHOG,
WILL SOON BE CHOCKED BY A HEAVY DENSE FOG.

THE ANIMAL RIGHTS MAGAZINE,
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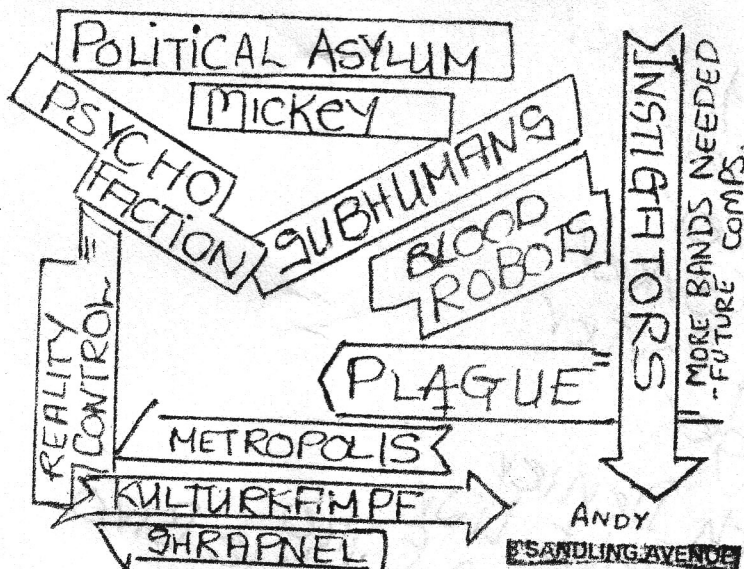
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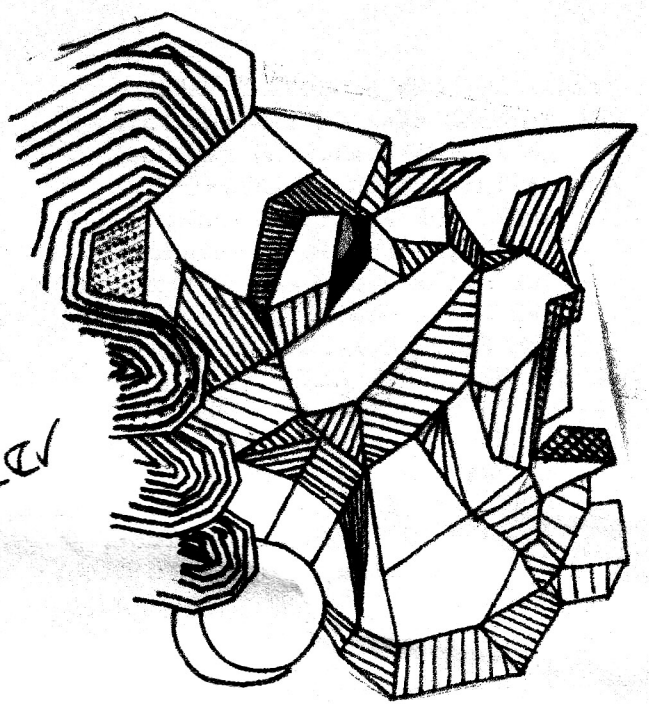
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Prime Minister
 You Blue-rinse Barbie Doll you
 You Early Riser
 None the wiser
 Bobby-Soxer
 Tantaliser
 Lobby-Boxer
 Green and Pleasant Grocer



Henry Cooper
 Couldn't Counter
 Margaret Thatcher
 Handbag Snatcher

You egg-rinse bedwet doll you
 You Boom! Boom! Belgrano
 Made UK Meccano
 Business a Pogo
 The Guinless a go-go

You no-pay riser
 Mrs Mister
 Sexy Talker
 Hunky Corker
 Poverty Porter
 City Tiger



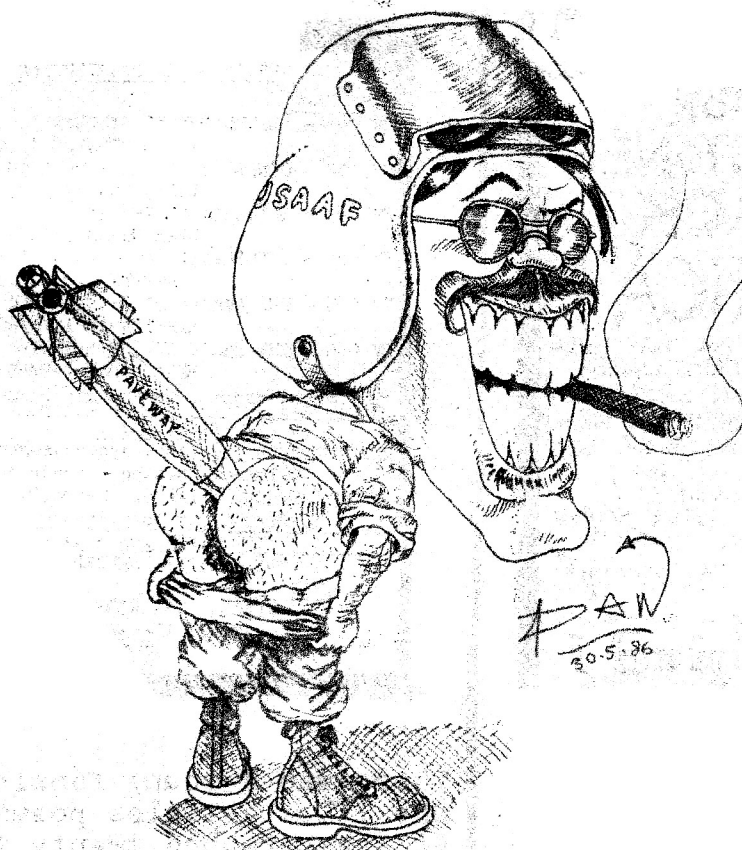
Truth Denier
 Down right liar
 Tango with a Folio
 Censor with a Big blue Biro
 Death By fucking Giro
 Margaret Thatcher
 Liberty Smasher, Body Snatcher
 POEM BY JOIE CORRUPTION
 OF LEICESTER.

WHAT NEXT?

I hang my head in shame at the thought that it has just been put on the block once again. Why, oh why do people think that war is the only answer to world problems? Why the hell can't they, you see, that peace is the only REAL answer not war, bloody war. It made me want to physically vomit when I heard of 'RAMBO REAGAN'S' latest 'OUTING'. This time it was the people of Lybia who were his victims. But it hadn't stopped there, now his victims are the American and British people too. But he only takes half the blame. Our own darling mother figure, 'THICKHEAD THATCHER', also played a big part in this sick display of human intelligence. For she allowed him to launch his attack from British soil, wasn't that kind of her? But it's a crying shame that they didn't bother to think before they started murdering. Get the message? Let's hope that they do!

ACCIDENT OR NOT-IT HAPPEND, IT COULD AGAIN!

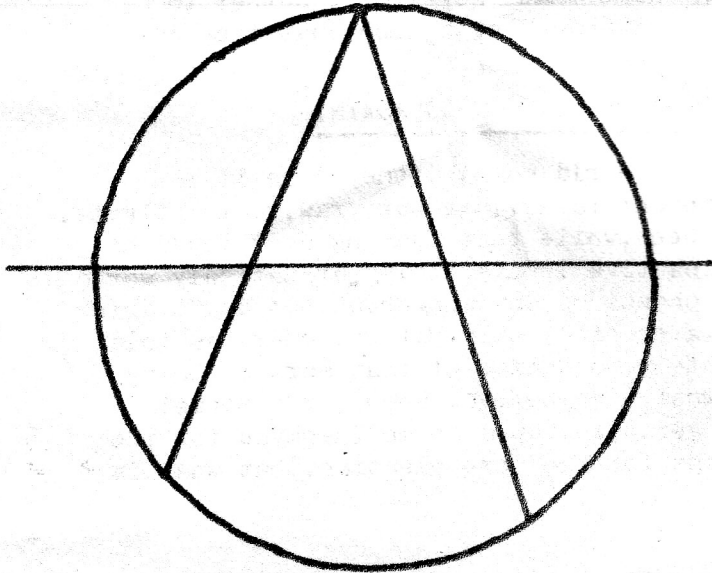
Well it's the Russians turn to terrorise the world now. And they done it in style, no guns, no bombs, no missiles, no midnight raids. Just pure, raw, radioactivity, no shit. But what a coverup story it has been, while that fucking ugly cloud of shit has been visiting foreign lands. Radioactive levels rising dramatically world wide, but we are assured that there is no chance of any danger. Oh, but don't drink the rain water anyway. I hope you've got water proof skin. But Thatcher has told the people of Britain, that there is absolutely no chance of that sort of thing happening over here. Thank fuck for that, what a relief, you know, for a minute I thought we could be in some sort of danger, how stupid of me. Thank you for the reassurance Mrs. Thatcher, (X-here's my cross for the next election.) But what is that cloud up there?



'WASTED WORDS' Zine, No. 1 featuring:-
Shumbawamba interview, articles on apartheid, militarisation of the Pacific, reasons for not to work + festival list and more. 15p + SAE.
from W.W. c/o Pete, 10, St Vincents Ave, Doncaster, South Yorkshire.
No. 2 should be out July 26th.

WHO THE FUCK ARE YOU?

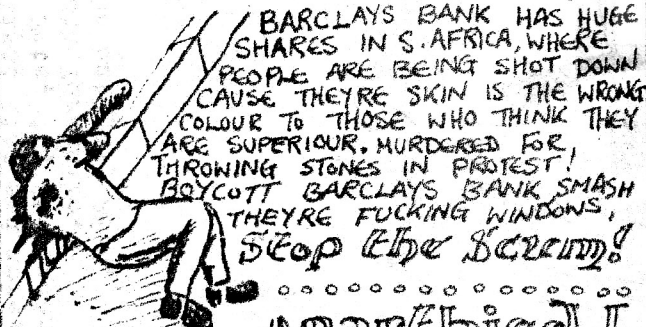
Who are these people who think that they have the right to govern us? Who are they that feel they have right to control and determine the way we live? And who are they who think they can determine the way we die? Just who the fuck are they to tell us what we can and can't do, where we can and can't go, what we can and can't say? No-one has the right to tell you what to do, think for yourself. Use your own fucking head for a change. Don't be told how to live! But it's no good just sitting there nodding your head in agreeance, get up and fucking do it. Take back control of your own mind, don't be pushed around by these people who seem to think they have the right to take away your freedom. They havn't, no fucker has the right to impose anything upon you. Reclaim your freedom, stand up and resist. BE YOU!



JUST ANOTHER SYMBOL?

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- FV 004 - CHUMBAWAMBA AT TELFORD 31/8/85
& NOTTINGHAM 10/10/85
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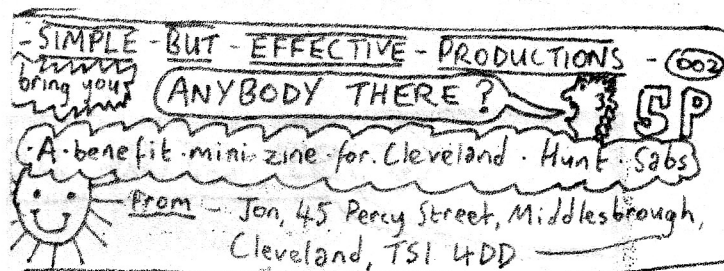
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✓ NEXT 3 MONTHS APPROX.



THE BIT AT THE END.

Well that's it. The end of the zine, and I really can't think of very much to say, except thanx alot for buying it. And I hope that you liked reading it, and I look forward to hearing from you before to long. Oh well, I guess that just about wraps it up for this issue, and all that's left for me to say is bye, so here it is.....bye!

Love & Peace,

PAUL. x x x

A collage-style poster with a dark, textured background. At the top left is a circular logo with the letter 'A'. To its right, the text 'CRISIS? WHAT CRISIS?' is written in large, bold, block letters. To the right of this, in a smaller box, is the text 'A BENEFIT FOR THE ANARCHIST BUST FUND'. Below these, there are several lines of text in white boxes, each containing a different phrase or name: 'COMPILATION TAPE ON TDK D90 WITH EMI BOOKLET', 'BADGE A4 COVER INFO BOOKLET ON BANDS LEAFLETS', 'MUSIC FROM 24 BANDS SUCH AS EXIT STANCE CHUMBAWAMBA', 'INSTIGATORS CIVILISED SOCIETY DEVIATED INSTINCT', 'SILENT COMMUNITY CRIMINAL JUSTICE INCEST BROTHERS', 'REFRISAL CO-EXIST SYMBOL OF FREEDOM DEGENERATES', 'OI POLLOI DIRGE DEATH ZONE CLASSIFIED PROTEST', 'BOMB CULTURE GENERIC SUICIDES UNTAMED ANATHEMA', 'SARCASM ANTICS RED BRIGADE'. Below these, there is a small box with the text 'notices should be posted at all entrances warning of the potential noise hazard'. At the bottom, there are two more lines of text: 'SEND £1 + STAMP + DONATION FOR THE BUST FUND' and 'DUESY 360 MELTHAM ROAD NETHERTON HUDDERSFIELD HD4 7EH'.

THANX TO THE FOLLOWING:- DAN, (GOOD MAN), JOIE CURRUPTION,
DEEK (OI POLLOI), DANBERT NOBACON, ELAINE (JUST FOR BEING THERE),
ANNE (CHEERS FOR THE LOAN), SIMON, CARL (U.S.A.), AND ANYONE WHO
BOUGHT THIS, TA!

BYE!

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AND
A STATE OF MIND

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Now that you've come to the very end of this zine,
why not go and make a start on one of your own,
NOW, and get it out on the streets, go on.....
have a go, bye! Paul. xxx.